

Monday	Tuesday	Wednesday	Thursday	Friday
<p>10/18, 11/18, 12/18 Satisfying Steak w/Oignons in Brown Gravy (1.5 oz. Beef, 1.5 oz. Gravy) Mashed Potatoes (1/3 c.) Fresh Baby Carrots (1/4 c.) Ranch Dip (.5 oz.) Whole Grain Wheat Bread (1 slice) Pineapple Tarts (1/2 c.) Alternate Veg: Green Beans Fruit Sub: Mandarin Oranges</p>	<p>10/19, 11/19, 12/19 Macaroni & Cheese with Turkey Ham (1 oz. Cheese, 1/3 c. Pasta, .5 oz turkey ham) Carrots & Sweet Peas (1/4 c.) Sliced Tomato (1/4 c.) Whole Grain Wheat Bread 1/2 (1/2 slice) Seasonal Fresh Fruit (1/2 c.) Alternate Veg: Stewed Tomatoes Fruit Sub: Diced Peaches</p>	<p>10/20, 11/20, 12/20 Grilled Chicken & Gravy (1.5 oz. Chicken, 1 oz. Gravy) Roasted Potatoes (1/3 c.) Fresh Sliced Cucumber (1/4 c.) Baked Dinner Roll (.9 oz.) Fresh Banana (1/2 c.) Alternate Veg: Steamed Broccoli Fruit Sub: Fresh Banana</p>	<p>10/21, 11/21, 12/21 Kiddle Lasagna w/Spinach (1.5 oz. cheese, 1 oz. sliced tomatoes, 1/4 spinach, & 1/3 c. pasta) Romaine Salad (1/4 c. romaine) Ranch Dressing (.5 oz.) Whole Grain Wheat Bread 1/2 (1/2 slice) Seasonal Fresh Fruit (1/2 c.) Alternate Veg: Green Beans Fruit Sub: Diced Peaches</p>	<p>10/22, 11/22, 12/22 Baked Mostaccioli with Mozzarella (1.5 oz. cheese, 1/3 c. pasta & 1 oz. Sauce) Sweet Peas (1/3 c.) Fresh Baby Carrots (1/4 c.) Whole Grain Wheat Bread 1/2 (1/2 slice) Mandarin Oranges (1/2 c.) Alternate Veg: Cooked Carrots</p>
<p>10/11, 11/11, 12/11 Chopped Steak w/Oignons in Brown Gravy (1.5 oz. Beef, 1.5 oz. Gravy) Mashed Potatoes (1/3 c.) Fresh Baby Carrots (1/4 c.) Ranch Dip (.5 oz.) Whole Grain Wheat Bread (1 slice) Pineapple Tarts (1/2 c.) Alternate Veg: Green Beans Fruit Sub: Mandarin Oranges</p>	<p>10/12, 11/12, 12/12 Macaroni & Cheese with Turkey Ham (1 oz. Cheese, 1/3 c. Pasta, .5 oz turkey ham) Carrots & Sweet Peas (1/4 c.) Sliced Tomato (1/4 c.) Whole Grain Wheat Bread 1/2 (1/2 slice) Seasonal Fresh Fruit (1/2 c.) Alternate Veg: Stewed Tomatoes Fruit Sub: Diced Peaches</p>	<p>10/13, 11/13, 12/13 Sliced Roast Beef in Gravy (1.5 oz. Beef, 1.5 oz. Gravy) Roasted Potatoes (1/3 c.) Fresh Sliced Cucumber (1/4 c.) Baked Dinner Roll (.9 oz.) Fresh Banana (1/2 c.) Alternate Veg: Steamed Broccoli Fruit Sub: Fresh Banana</p>	<p>10/14, 11/14, 12/14 **COLD** Chicken Caesar Salad (1.5 oz. chicken) Cooked Carrots (1/4 c.) Caesar Salad* (1/2 c.) Caesar Salad Dressing (.5 oz.) Whole Grain Wheat Bread (1 slice) Mandarin Oranges (1/2 c.) Alternate Veg: Green Beans</p>	<p>10/15, 11/15, 12/15, 12/31 closed Sliced Turkey in Gravy (1.5 oz. Turkey, 1.5 oz. Gravy) Mashed Potatoes (1/3 c.) Fresh Sliced Cucumber (1/4 c.) Whole Grain Wheat Bread (1 slice) Applesauce (1/2 c.) Alternate Veg: Sweet Peas</p>
<p>10/25, 11/25, 12/25 Ground Beef in Brown Gravy (1.5 oz. Beef, 1.5 oz. Gravy) Elbow Macaroni (1/3 c.) Vegetarian Baked Beans (1/3 c.) Fresh Baby Carrots (1/4 c.) Whole Grain Wheat Bread 1/2 (1/2 slice) Diced Peas (1/2 c.) Alternate Veg: Cooked Carrots</p>	<p>10/26, 11/26, 12/26 Sliced Turkey in BBQ Sauce (1.5 oz. Turkey, .5 oz sauce) Cheesy Mashed Potatoes (1/3 c.) Carrot & Cabbage Slaw (1/4 c. carrots & 1/8 c.cabbage) Whole Grain Wheat Bread (1 slice) Seasonal Fresh Fruit (1/2 c.) Alternate Veg: Sweet Peas Fruit Sub: Diced Peaches</p>	<p>10/27, 11/27, 12/27 Broccoli Chicken in Tasty Cream Sauce (1.5 oz. chicken, 1/4 c. broccoli & 1/4 c. sauce) Feta/Onion Pasta (1/3 c.) Fresh Sliced Cucumber (1/4 c.) Fresh Banana (1/2 c.) Alternate Veg: Green Beans Fruit Sub: Fresh Banana</p>	<p>10/28, 11/28, 12/28 Meatballs in Brown Gravy (1.5 oz. Beef, 1.5 oz. Gravy) Mashed Potatoes (1/3 c.) Garden Salad (1/4 c.) Green Goddess Dressing (.5 oz.) Baked Dinner Roll (.9 oz.) Seasonal Fresh Fruit (1/2 c.) Alternate Veg: Cooked Spinach Fruit Sub: Applesauce</p>	<p>10/29, 11/29, 12/29 closed Sliced Chicken with Gravy (1.5 oz. Chicken, 1.5 oz. Gravy) Noodles (1/3 c.) Sweet Peas (1/4 c.) Sliced Tomato (1/4 c.) Whole Grain Wheat Bread 1/2 (1/2 slice) Tropical Fruit Mix (1/2 c.) Alternate Veg: Stewed Tomatoes Fruit Sub: Mandarin Oranges</p>